

Help Yourself to Happiness

Readers are invited to present their problems. All queries will receive individual attention and should be accompanied by a stamped, self-addressed envelope, directed to MARY HARRIS SEIFERT, M. A., Department of Education, The AMERICAN INSTITUTE OF FAMILY RELATIONS, 5287 Sunset Boulevard, Los Angeles 27 California.

John and Jane blow up at each other fairly regularly. John tells Jane in no uncertain terms his opinion of her extravagant new hat, and Jane lets fly with her resentment of John's proposed fishing trip with the boys. They argue endlessly.

Bill and Mildred never quarrel. Not that Bill likes the way his wife treats his friends, or that Mildred enjoys Bill's ridicule of her sister. But they keep their feelings hidden with the idea that, by not giving expression to them, their outrage and anger will disappear. They plot through their years of marriage, piling up secret hostilities which at last assume mountainous proportions.

Dr. Paul Popenoe, Director of the American Institute of Family Relations in Los Angeles, says that a happy medium may be found between these two extremes. "Every family group has occasional negative emotions," he maintains. "A child feels an-

tagonistic toward his parents, and husband and wife get on each other's nerves." "Blowing up" is not the answer, however. Quarreling becomes a habit and permanent damage to the marriage may result from hasty, angry words. John might try taking out his anger on a punching bag, and Jane might find release in polishing silver. When they cool off they can discuss their differences quietly.

On the other hand, Bill and Mildred's method of hiding their hostility is equally dangerous. Strong emotions increase like dough in a warm oven unless they are released or wisely channeled. Like John and Jane, this couple need to learn how and when to express their feelings. We hear much about "communication" these days; it is a great asset in marriage, as in every other relationship.

But, according to Dr. Roswell H. Johnson, Director of the Department of counseling at the Institute, it is the quality, not the quantity, of communication that is important. First, Bill and Mildred need to learn to talk over their common interests and the ideas on which they agree; then it will be easier to discuss problems on which they do not see eye-to-eye.

If both couples really listen to each other's opinions instead of merely waiting for a chance to air their own, and if each honestly tries to reach a reasonable compromise on their differences, hostility will have no chance to develop.

6-Year-Old Boy Hurt When Hit by Car

David Rodney Hans, 6, son of Mr. and Mrs. Richard J. Hans, of 113 Laurel st., Medford, suffered head and leg bruises Wednesday when he was struck by a car, according to city police.

He was taken to Sacred Heart hospital by Medford Ambulance service. He was released later Wednesday, hospital attendants said.

Operator of the car was Harold Herbert Vessey Jr., 820 Dakota st., Medford police said. According to police records, Vessey said the boy ran out into the street in front of his car before he could stop. The accident occurred at West Eighth and Laurel sts.

In another accident Wednesday, Melvin Merrill Taylor, 21, of 705 Oak st., Medford, bruised his arm when the car in which he was a passenger struck a street sign at West McAndrews rd. at Summit st., officers reported. Gordon Otto Maurer, Ashland, was operator of the car, they said.

THE OLD DAYS

Lewiston, Me.—Faculty members of the Bliss Business college unearthed several 19th century rule books when they recently celebrated the school's 60th anniversary. Along with an announcement that the school would teach use of a new machine, the typewriter, the handbooks stated: "Young Ladies are admitted on the same terms as young gentlemen."

Acheson, Eisenhower In Sizzling Dispute

Washington—A sizzling dispute raged Thursday between the White House and former Secretary of State Dean Acheson over whether President Eisenhower recommended in 1947 that American troops be pulled out of Korea.

Acheson, in a rare outburst against a government leader, charged angrily Wednesday night that Eisenhower proposed the withdrawal while he was Army chief of staff in 1947. He said the State Department opposed the recommendation "but eventually bowed to the insistent views of the military."

Presidential Press Secretary James C. Hagerly retorted that Acheson's statement "missed the entire point." He said the troop pullout—which was made in 1949—was a "political decision, not a military one."

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